



U.S. AIR FORCE

Volunteer Health & Safety Brief

- **Wingman concept – have a buddy**
 - **Watch for symptoms**
 - **Self: headaches/dizziness**
 - **Wingman: skin rash, eye irritation, difficulty breathing**
 - **Hygiene:**
 - **Wash exposed skin & wash hands before eating**
 - **Decontaminate clothing before returning home**
 - **Avoid dead or dying animal life**
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Heat Stress

- Hydrate, Hydrate, Hydrate: minimum ½ Qt per hour
- Use sunscreen regularly
- Wear hats, sunglasses, loose clothing

<i>Injury</i>	<i>Symptoms</i>	<i>First Aid</i>
Heat Syncope (sink-uh-pee)	Passing out while immobile in the heat	Move to cool area. Recline. Drink cool water slowly. Recovery will be prompt and complete.
Heat Cramps	Muscle cramps from excessive salt loss in stomach, arms or legs.	Move to cool area. Loosen clothing. Drink cool water slowly. Massage extremities. Seek Medical help.
Heat Exhaustion	Profuse sweating, headache, weakness and nausea. Skin cool and moist.	Move to cool area. Elevate feet. Drink cool water slowly. Remove clothing and apply wet cloths. Call 911.
Heat Stroke	High body temperature. Hot skin (wet or dry). Possible altered mental state.	THIS IS A MEDICAL EMERGENCY! <u>Call 911 immediately.</u> Lower body temperature, remove clothing, immerse in water, massage trunk and extremities.

Ref. AFPAM 10-100 (pp. 180-184)



Operational Risk Management

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- Risk low – most dangerous chemicals have evaporated
- Recommended PPE:
 - Nitrile gloves (minimum)
 - Rubber Boots
 - Respirator use variable – If you don't know, ask.

<i>Symptoms</i>	<i>Exposure routes</i>
Eye, nose, throat irritation dizziness, drowsiness, headache, nausea, dry cracked skin, Chemical pneumonitis	Inhalation, Ingestion, Contact
<i>Target Organs</i>	<i>First Aid</i>
Eyes	Immediately wash with large amounts of water
Skin	Wash the contaminated skin with soap and water
Respiratory system	Move exposed individual to fresh air. If breathing stopped call 911 "Artificial respiration if qualified" Central Nervous system
Ingested	Get medical attention immediately

Take your Airman's Manual (AFPAM 10-100), and use it!